

WOMAN'S HERALD

Devoted to the Household, the Fashions and the Activities of Women.

MARY MARSHALL, Editor.

DAILY DEPARTMENT OF THE WASHINGTON HERALD.

Correspondence is invited. Address all communications to the Woman's Editor of The Washington Herald.

TUESDAY, FEBRUARY 2, 1915.

How Old Are You?

Some of us know how old we are but are not willing to tell. Some of us don't know and wouldn't tell if we did know and some of us would just as soon tell but we really don't know.

Yet what daughter of Eve would be believed if she said that she didn't know her age? The inference would be that that same daughter of Eve didn't want to tell.

But it is a fact that a great many people—children and adults—really do not give much thought to their age. They couldn't tell you if they wanted to. Recently one of the officers employed in the United States Public Health Service got together the records of about five thousand school children and from these records came to the conclusion that even among children there is the greatest carelessness when it comes to questions of age. A certain lack of truthfulness one might expect to find among children whose parents wanted them to go to work before the age allowed by the law, but children who have not the slightest object in hiding their ages—children of the better-to-do families even—very often cannot tell within two or three years of how old they are. One child of ten who said that he was "eight" going on "twelve," was an example of the sort of haste that some children feel on this subject.

The same condition, so the health officer says, prevails among high school children. They don't know the year and very often don't know the day on which they were born—although one would suppose that there was incentive enough in most families for young folk to remember their birthdays.

The same condition prevails among grown-ups. University graduates and men, even, says the authority, even under oath sometimes give their ages years younger than the truth. So that one is led to infer that losing track of one's age is not a fault in which the woman who wants to look younger than she is—and most women are accused of that ambition—has a monopoly.

Tomorrow's Menu

"And, upon my word, the very thing my soul was longing for—a cup of coffee!"

—Mrs. Humphrey Ward.

BREAKFAST.
GRAPEFRUIT.
GERALD AND CREAM.
LIVER.
DOUGHNUTS. COFFEE.

LUNCHEON.
COLD LAMB.
RICE AND TOMATOES.
BAKING POWDER BISCUITS.
COOKIES. HOT CHOCOLATE.

DINNER.
CREAM TOMATO SOUP.
BAKED ROUND STEAK.
SWEET POTATOES. LIMA BEANS.
PIMENTO SALAD.
BROWN BETTY PUDDING.

Ingredients—Mix three beaten eggs, a cupful of sugar, a pint of milk, half a teaspoonful of salt, a teaspoonful of vanilla extract, and two heaping teaspoonsful of baking powder sifted with two cupfuls of flour and enough more flour needed to make a batter stiff enough to hold a spoon upright. Drop by spoonful into deep hot fat and brown.

Baked Round Steak—Pound a thick round steak on a board with a wooden mallet or potato masher until the fibers are broken. Rub into it some melted butter and then spread over it half a cupful of flour, seasoned with salt and pepper, and add a few drops of onion juice. Roll and tie and put in a covered roasting pan. Add a quarter of a cupful of water, in which a little butter is melted, and cover and bake for an hour.

Rice and Tomatoes—Mix together half a cupful of cooked rice and two cupfuls of stewed tomatoes and simmer for ten minutes. Add a teaspoonful of butter and pepper and salt to taste, and serve very hot.

A New South Wales irrigation dam, which will cost \$2,500,000, will impound 32,350,000 cubic feet of water, backed up in a lake forty miles long.

TWILIGHT TWINS LEAVE HOSPITAL SAFELY.



Mrs. George W. McCann and her "Twilight" twins, George and James. Two weeks ago in the King's County Hospital by the "Twilight" sleep method, has safely left the hospital with her babies and is now at her home. The McCann babies were the first set of twins born under the painless method in New York. The babies at birth weighed four pounds and seven ounces and five pounds and three ounces, respectively. Both are doing well.

Two Many Women Left—This Is War's Greatest Curse

So Says Miss Constance Drexel, Who Has Nursed at the Front and Now Comes to Seek Remedy by Working for Women's Vote.

"When I saw those few young men of twenty or twenty-five—wounded, mutilated, crippled, killed—being carried from the hospital trains at Deauville, and thought of our own chaps—the country's youngest and best—I just made up my mind that something was wrong at the bottom of things; that working there as a nurse, watching them die, nursing them back from death even, wasn't enough. Something more had to be done."

Thus spoke Miss Drexel at the Congressional Union headquarters to a representative of The Woman's Herald yesterday. Miss Drexel has returned from the war zone of Europe, where she actually gave her services as a nurse for two months after the war broke out and she can speak from experience of the horrors of the war. Now she is back in this country because she feels that she has discovered what this "something" that she felt must be done really is.

"The women over there know that something is wrong. Their hearts are bleeding and they are terribly oppressed by it all. They realize blindly what a frightful thing it is for them—the killing of their men. What will life be worth? Nothing. For to one of those European women, marriage, children, the things that men do for women are all that is worth while in life. In this country it would not be so bad, for women have other ways of expressing themselves. Talk about the glory of protecting the women. It would be a hundred times more welcome to them to be killed with their men, if they felt that in so doing they might avert the calamity of this disproportionate decrease in number of men in the community. It is the future that they have to face in an abnormal predominance of women that is the frightful thing."

"These women blindly feel that some-

thing is wrong and that if they had their way it would not have come to pass. It occurred to me that that something that women needed to avert these calamities was a voice in the government—it was 'votes for women' if you will. So, though there was nursing enough to be done there, I came back to this country determined to throw my energies into the fight here."

"I was not a suffragist—I never thought about it. But that frightful picture of war made me think. I feel that if the fight could be won here in this country it would be such a glorious example that it would be heeded by Europe as well."

So it was that Miss Drexel, slight, young—absolutely young, one would think, to have formulated such a serious determination—explained her "mission" in coming to Washington. She is here to study the suffrage situation and was at the Congressional Union yesterday morning to see just what was going on in the camp here.

"How did you happen to be on the continent when the war broke out?" Miss Drexel was asked.

"It was this way. I was visiting in France. After the war had broken out we got up to Paris and from there I went with Mrs. James Parish, Jr., by motor to Deauville where she had a villa, and there I stayed. The men were called off and before long Mrs. Parish's men servants had left and the poor little 'femme de chambre' had the added duty of serving dinner. But no one minded things like that."

"Then the fighting began in earnest and soon the wounded began to pour into Deauville from the great battle of the Marne. The Royal Hotel and the Casino were turned into military hospitals and every one hoped to do the nursing."

"Did you find that you were handicapped because you had not had regular training as a nurse?"

"Oh, no, there was plenty for us all to do. All one needed was common sense. At the hospital they would get word that the wounded—the 'blesses'—were coming—and then we would all get to work—undressing the poor soldiers, for they came from the battlefield and the trenches just as they were injured. There was endless work to do—they needed so much attention before they were ready for the surgeons and we found that we could all do it."

"The trains would come by night or by day—these trains of the 'blesses,' and as Mrs. Parish had one of the comparatively few motor cars in Deauville that was not taken by the government, it was kept busy when the hospital trains came taking the soldiers from the station to the improvised hospitals."

"And now what are your plans?" the representative from The Woman's Herald asked Miss Drexel. "Now that you are to be ranked as one of the recruits in the cause, what are you going to do?"

"First, I shall study the situation," said Miss Drexel, simply, "and then I shall do what there is to be done. I am confident that the best remedy for war lies in the winning of the vote and I am going to give my time to that cause."

M. F. Lyons to Play at Church.
Maurice F. Lyons, the former secretary of William F. McCann, well known to music lovers of Washington by his renditions on the violin, will play for the Concordian Church on February 10. His program will consist of the "Berceuse," by Godard; the "Allegretto," by Mendelssohn; and "The Dream," by Hauser. Mr. Lyons will be assisted by Miss Florence Reynolds, of the Washington College of Music.

Press Club Calls Meeting.
A special meeting of the National Press Club will be held February 12 for the purpose of considering several changes in the constitution of the club.

FAMOUS WOMAN HER BIRTHDAY AND YOURS

February 2—Hannah More.

Hannah More, one of the most successful of all English women writers, was born on February 2, 1745. When she was three and a half years old—a delicate, but delightful little girl—her mother thought she was old enough to learn her letters. But when Hannah began the lessons her mother found to her surprise that the child already knew her letters and could read a little. She had listened to her older sisters as they went through their lessons and had quietly learned with them when she was supposed to be playing with her dolls. A little more nurse who had lived with the family of the poet Dryden, and as a child Hannah would be good as long as her nurse would repeat the poetry of Dryden or tell stories of the great man.

The one romance in Hannah More's life occurred when she was twenty-one. She then met and became engaged to a wealthy bachelor, who seemed entirely devoted to her. However, as the day of the wedding approached, he became unaccountably reticent about the proceedings and begged off. Once again the wedding day was set, and again the bridegroom asked to be excused. In the meantime, Hannah did not bear him any resentment for his strange behavior and would gladly have continued her engagement, but her friends and family wisely insisted that she break her agreement. The bachelor seems to have been glad of his freedom, for he offered her the equivalent of £1,000 a year compensation, which Hannah refused to accept. However, he did force her to accept a large amount of money—just how much is not known—and remembered her generously in his will. Hannah had had enough of love and vowed that she would never again listen to a proposal of marriage. And she was as good as her promise.

Hannah More's first reputation as a writer was won in the field of letters and plays. Garrick, the great actor, for whom she wrote several very successful plays, said that she was the nine muses all combined in one person. She was even more popular than her former line of writing had been. One of the "Cheap Repository Tracts" which she wrote sold to the extent of 1,000,000 copies in one year. Hannah More is also remembered because of the prominent part she took in the organization of Sunday schools in England.

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CABINET MEETINGS PLANNED.

District Heads Hold First Executive Session Today.

The first cabinet meeting of Commissioners of the District will be held at the Municipal Building this morning at 10 o'clock. This new "wink" in the District government is designed to eliminate many yards of red tape and give the Commissioners more time to devote to their duties as members of the Public Utilities Commission.

The three Commissioners will assemble in the board room and each will introduce business that has arisen in the departments under his direction, make recommendations and dispose of the matter then and there. Heretofore such questions have come before each Commissioner separately on written forms known as "jackets."

Sometimes a "jacket" has been delayed for weeks in going the rounds of the three offices of the Commissioners. Cabinet meetings will be held on Tuesdays and Fridays. The meetings will be executive and the Commissioners hope not only to gain better knowledge of each other's problems, but expect to expedite official business.

TODAY'S FASHION NOTE.

With clear soup, bread or breadsticks should be the best accompaniment of thick soups of the pure type.

With soups of oysters or clams crisp crackers should go.

Croustons are the proper accompaniment of thick soups of the pure type.

With chowders large croustons may be served.

Celery, olives and radishes should be passed with the soup.

With broiled fish, serve creamed potatoes, and cucumbers with French dressing.

With baked fish serve fried potato balls, and cucumbers.

With boiled fish serve Hollandaise sauce and boiled potato balls dressed with melted butter and minced parsley and cucumbers.

Small fried fish should be served with sauce tartare, and crisp bread.

With creamed codfish, plain boiled potatoes are best.

Current jelly and green or canned peas are served with lamb.

With pork, boiled or baked onions and apple sauce should be served, and they are served also with goose.

With beefsteak, French fried potatoes and watercress are suitable.

With roast beef mashed potatoes and Brussels sprouts, cauliflower or string beans are appropriate.

With stewed beef carrots and boiled potatoes are appropriate.

Scalloped or French fried or baked potatoes are all good with lamb chops. And baked potatoes are also good with chops or steaks.

Wafers and cheese are served with salad.

Creamed chicken, beef, if for another meal than breakfast, is best served with baked potatoes.

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HOROSCOPE.

"The stars incline, but do not compel."

Tuesday, February 2, 1915.

According to astrology this is a doubtful day. While the planets appear to exercise only a slight influence, Neptune and Mars are distinctly malefic.

It is not a fortunate time for entering into new partnerships or for choosing business associates.

Again warning is given that it will be well to guard against fraud and deception and to watch out for schemers. This year will be marked by many losses through enterprises that are untrustworthy. Promise of gain through foreign investments will lure many.

Hospitals, sanitariums and other institutions for the care of those who are ill are subject to a rule that premeates extra work because of contagious and infectious diseases.

While this configuration prevails it is said that danger is to be watched for in anesthetics, fetid odors and poisonous breaths. The stars forebode epidemics that will be serious, especially on the eastern coast of the United States.

Mars is in an aspect believed to give warnings of unusual danger from accidents.

It is not an auspicious day for beginning journeys. Difficulties and obstacles are likely to be encountered.

Under this rule it is well to avoid all hasty action and ill-considered speech.

There is a sinister sign for surgical

MRS. LAMASURE LECTURES.

"L'Amore Medico" Theme at Comstock Studio Recital.

Mrs. Mignon Ulke Lamasure gave the third of the second series of her lecture-recitals on modern grand opera yesterday afternoon at the Comstock Studio, 1300 New York avenue. The Wolf-Ferrari comedy, "L'Amore Medico," was the opera given, and its many bright and lovely themes and the ravishment of deliciously humorous situations held the audience in charmed attention throughout. Mrs. Lamasure's ability to give the incidental music, the dances and scherzos, the mirth, the lightness, grace and sentiment with easy facility, as well as to interpret the motives, gave the highest value to the performance.

The recital was prefaced by a short critical lecture. Tachikowsky's "Eugen Onegin" will be given February 15.

G. S. W.

Changes in Personnel.

The Department of Commerce yesterday announced the following changes in personnel:

Miss Mabel E. Shifer, temporarily appointed expert (clerk) at \$720 in Bureau of Foreign and Domestic Commerce.

In Bureau of Standards, Homer D. Holler, probationally appointed assistant chemist at \$1,000.

Dr. Elmer R. Edson, assistant surgeon, at \$1,100 in Coast and Geodetic Survey, has resigned. In the Lighthouse Service, John M. Hamilton, assistant engineer of Light Vessel No. 61, has resigned.

A Massachusetts man has perfected apparatus that permits wireless messages to be received without the use of head telephones and records them on wax phonograph cylinders.

DUCHESS OF SUTHERLAND.

London, February 1.—The "week-end" trips to the firing line headed by the wives and relatives of scores of wealthy British officers were abruptly halted Saturday when word was received from the headquarters of the French command that French orders to prevent all visitors from leaving the battle zone.

Mrs. Asquith, wife of the Premier, and several friends, left Calais about midday a few days ago in two motor cars.

At a farm they were held up by a French cavalry patrol and were told to let them either proceed or return. Mrs. Asquith was informed that strict orders had been given to stop all civilians until further ammunition and food wagons had passed by.

In the next half hour a number of other motor cars containing week-enders arrived, and were all held up. Among those who arrived were the Duchess of Sutherland and Lady Cowdray.

operations, which will multiply, it is foretold.

Great activity in naval affairs is prophesied and extraordinary expenditures are indicated.

The President of the United States has an omen of ill, which is read as probable opposition from financiers, who may cause embarrassment to the administration. He is warned against complications that threaten entanglements with foreign powers. A traitor in his own political party may be discovered.

Persons whose birthday it is should pay strict attention to business. They may succeed in avoiding serious losses. Illness in the family circle is probable.

Children born on this day have the augury of trouble in their love affairs. They should be bright, alert and industrious. Hays should prosper in business or the learned professions.

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HOUSE-WIVES DAILY ECONOMY CALENDAR

WHAT SHALL I SERVE?

Variety is spice-of that we have all been assured since we began to learn our A B C's. But nevertheless, there are some rules that govern the serving of food that make for monotony—and at the same time the best of the best possible.

For instance, there is a regular rule for the serving of breadstuffs with soup.

With clear soup, bread or breadsticks should be the best accompaniment of thick soups of the pure type.

With soups of oysters or clams crisp crackers should go.

Croustons are the proper accompaniment of thick soups of the pure type.

With chowders large croustons may be served.

Celery, olives and radishes should be passed with the soup.

With broiled fish, serve creamed potatoes, and cucumbers with French dressing.

With baked fish serve fried potato balls, and cucumbers.

With boiled fish serve Hollandaise sauce and boiled potato balls dressed with melted butter and minced parsley and cucumbers.

Small fried fish should be served with sauce tartare, and crisp bread.

With creamed codfish, plain boiled potatoes are best.

With beefsteak, French fried potatoes and watercress are suitable.

With roast beef mashed potatoes and Brussels sprouts, cauliflower or string beans are appropriate.

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ENGLISH NOBLEWOMAN ORDERED BACK FROM FRENCH FIRING LINE

Duchess of Sutherland Sent Back from "Week-end" Party by Gen. Joffre.

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